THE TIMES-VIRGINIAN
PUBLISHED EVERY THURSDAY
IN THE HEART OF VIRGINIA'S DARK TOBACCO BELT
Appomattox, Virginia 24522
ESTABLISHED IN 1892

W. Lloyd Vaughan ..... Publisher and Editor
Beck Hudson ..... News Editor

Entered as second-class matter at the Post Office at Appomattox, Virginia, under the Act of Congress of March 3, 1879.

Address all correspondence to **The Times-Virginian**, Appomattox, Virginia 24522

Subscription rates: $6.00 a year in Appomattox, and all adjoining counties, $7.00 elsewhere in Virginia, Outside Virginia $7.50, payable in advance.
Member: Virginia Press Association

Single Copy: 15 cents

They Did It Again!!

More times than people of our county realize, the volunteer members of the Appomattox County Rescue Squad are out on emergency calls doing their best to help their fellowman, trying to ease suffering, trying to save lives. These are the sentiments of Jim Cobb of Pamplin who tells us that he personally does not think enough could be said to relay his feelings for the Appomattox County Rescue Squad, for the doctors and for the nurses at Lynchburg General Hospital.

On July 19, 1977, Jim's mother, Mrs. Grace Cobb, suffered an acute heart attack and through the efforts of the Appomattox County Rescue Squad she was "kept alive" by means of CPR until they could reach Lynchburg General Hospital where they knew capable doctors and nurses would take over for them.

Jim told us that "on behalf of my mother and myself, we would like to express our appreciation to the Appomattox County Rescue for all they have done. They saved my mother's life and words could not ever express our real feelings."

At the request of Jim and with the permission of Mrs. Grace Cobb, we are reprinting a letter written to the local rescue squad from Mrs. Cobb's doctor, William H. Barney, M. D.

Mrs. Cobb is doing excellent at this time, according to her son, and she is expected to return home shortly. Jim gives all the credit to the Appomattox County Rescue Squad and the excellent care given by the doctors and nurses at Lynchburg General Hospital.

The letter received by the Appomattox County Rescue Squad is as follows:

Appomattox Life Saving & Rescue Squad
Appomattox, Virginia

Dear Sir:

Yesterday one of your units transported a patient of mine, Mrs. Grace Cobb, to Lynchburg General Hospital. Mrs. Cobb had suffered an acute myocardial infarction and was being monitored by the telemetry unit at Virginia Baptist Hospital. Approximately twenty minutes from Lynchburg she went into ventricular fibrillation and she received successful CPR by your unit until she arrived at Lynchburg General where she was cardioverted to a sinus rhythm.

As of now Mrs. Cobb is doing quite well and I want to compliment those members of your squad who operated the CPR team. I did not get to see them before they left the hospital but I think they should know that in my opinion their job was outstanding and saved Mrs. Cobb's life. I have checked the monitor at Virginia Baptist and the CPR was carried out for a total of nineteen minutes and in view of the fact that the patient sustained no brain damage is a testimony to the efficiency of the CPR operation. The members of this unit and your squad is to be complimented for this outstanding work.

Best wishes for continued success.

Sincerely yours,
William H. Barney, M.D.

Letter To The Editor

Box 144XA - route 1
Concord, Va.
July 28, 1977

Dear Mr. Vaughan:

On Wednesday and Thursday, July 27 and 28, many of us in the Concord area (and in other locations, no doubt) have been watching those dense clouds of smoke, off 460, wondering just where the fire was. With all the coverage in the newspapers and on TV about the Santa Barbara fire and the loss of property - and nowing how dry the woods and fields are there - perhaps some of us wondered if a shift of winds might bring the fire to our side of Pilot Mountain. Well tonight we finally learned it was controlled burning and there was no need for concern. I think this information should be made known to the public.

Why couldn't the Forestry Dept. furnish your newspaper with a brief note on locations where such burning would be taking place? If the smoke is within view of where I live, I'd like to know about it.

Thank You,
Ruth B. Torbert

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Bible School Set For Hebron Baptist

Hebron Baptist Church will have Bible School August 8th. through August 12th; beginning each evening 7:00 P.M. to 9:30 P.M. There will be classes for all ages from nursery to ninety.

Preparation Day will be held on August 5th, at 6:00 P.M. at the church with a covered dish supper following registration. A parade will be held on August 6th at 10:00 a.m. beginning at the church.

Mrs. John Bouton and Mrs. Dallas Gillaspie are co-directors of the school. Rev. Edgar Mitchell is Pastor of Hebron and they all invite you to come and share with us in this time of learning and sharing.

GET ACTION-GET RESULTS TRY THE CLASSIFIED ADS

CALCIUM HELPS PREVENT BONE DETERIORATION

By: Barbara Morlang, R.D.

Among the problems faced by many aging men and women is osteoporosis. Osteoporosis is a process in which there is deterioration of the bones. The disease affects approximately one in four women and about one in eight men. It is usually revealed by the occurrence of a spontaneous fracture. Sometimes we hear of friends or relatives who fell and broke a hip or leg. Actually many of these individuals fell because the hip or leg broke spontaneously. This is what is meant by a spontaneous fracture. Of the six million spontaneous fractures which occur annually in the United States, about five million are sustained by postmenopausal women. In postmenopausal women, the first symptom may be persistent pain in the lower spine area. Deformities in some 26 percent of women over 60 result in "humps" and loss of height.

There is some evidence that taking too little calcium over a long period of time may lead to osteoporosis. At present we suggest that adults drink two cups of milk per day in order to obtain the recommended amounts of calcium. Cheese and ice cream also supply calcium. One slice of American cheese is equivalent to the amount of calcium in three-fourths cup of milk; and one-half cup of ice cream is equivalent to the calcium in one-fourth cup of milk.

Va. Fibre Reports Wood Purchases For Week

Listed below is the total dollar volume of wood purchased by Virginia Fibre Corporation of Riverville for the week ending July 24, 1977. Purchases are listed by counties.

Albermarle	$2,532.90
Amelia	231.55
Amherst	6,372.60
Appomattox	9,468.97
Augusta	654.75
Bedford County	3,843.68
Buckingham	9,906.09
Prince William	464.86
Campbell	5,670.79
Fluvanna	792.76
Cumberland	5,389.06
Halifax	2,185.10
Nelson	13,428.29
Goochland	620.37
Pittsylvania	2,256.46
Prince Edward	9,552.92

We feel this information will be of interest to our readers not only in Appomattox County but in adjoining counties.

NEED OFFICE SUPPLIES THE TIMES-VIRGINIAN Court Street Appomattox, Va.

The Pastor Speaks

LIFE HAS MEANING

"For to me to live is Christ." Phil. 1:21

To some of you reading the words "Life has meaning" comes the response - 'but not for me.' This is true for many people. Life has little or no meaning. For many, life consists only of working to make ends meet with a regular routine filled with no enjoyment. Still others are committed to obtain all this world affords, or trying to achieve success in life. Often when one does obtain this goal, they find emptiness, nothing; life seems but a bubble to them. Someone said once that the time man spends here on earth has no more meaning than that of an insect.

Without a personal faith in Jesus Christ, life would lack meaning. Life should always have adventures and goals but often times meeting these goals gives only a temporary feeling of worth and meaning. The search begins then for something with meaning and new goals; a longing to fill the emptiness that life has left them with.

"For to me to live is Christ," holds the key to life with meaning. Jesus changes a person's life style, their values and goals. Man's greatest need is to find a new meaning, a new goal in life. Sin has messed up each person's relationship with God. Only Jesus can forgive sin and transform our lives and give us hope, peace and joy. To be able to say, "For to me to live is Christ" is a purpose in life.

This bit of verse was written by an anonymous poet: "What is life? asked a little child As he romped on a golden day. Out of his life the answer came: Life is play! 'What is life?' asked the sturdy man As he toiled through the sun and rain, And the woe in his heart cried out aloud, 'Life is pain! Life is pain!' 'What is life?' asked the old, old man As he gazed on the stars above, And his wife, wise heart sang joyfully, "Life is Christ! Life is love!"

The remainder of Phil. 1:21 says, "For to me to live is Christ, and to die is gain." The positive help for this life now is a meaningful life and relationship with Christ. Then when death comes, we haven't lost anything. We have gained because we have everlasting life with Christ. When this life is over, we will go to Heaven to be with our Savior. That will truly be wonderful and glorious beyond words. Existence is the portion of every man, but life is all its fullness belongs only to those who have been united to the Savior. Can you say, "For to me to live is Christ"? Life with Christ is an endless hope, without Him it is a hopeless end.

Paul A. Balthaser, Pastor
Central Baptist Church
Hollywood Baptist Church

BIBLE SCHOOL ENDS FRIDAY AT CHURCH OF GOD OF PROPHECY

Vacation Bible School began August 1st and will end tomorrow, Friday, at the Church of God of Phophecy.

Classes for all ages are being held from 7 to 9 p.m. each evening. The church is located on 1010, come to the old high school Football Field and follow signs.

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THE BIBLE SPEAKS

Announced on the Sunday School Lesson

BY LAWRENCE W. ALTHOUSE

ONCE IS NOT ENOUGH

Lesson for August 7, 1977

Background Scripture: Deuteronomy 26; Joshua 24.
Devotional Reading: Deuteronomy 26: 1-10.

Rev. Althouse

In the Church of Our Saviour in Washington, D.C. it is not enough to join the church just once. In fact, members join for just one year at a time and every twelve months must renew that decision if they want to remain members of that congregation. The reason for this rather unorthodox approach to church membership is the conviction by this congregation that church membership is very important and is likely to grow cold and vapid without periodical renewal and decision. No one belongs to the Church of Our Saviour simply because they filled out an application for church membership ten, twenty, or thirty years ago.

The Covenant

The Washington D.C. church's unique approach to church membership is founded upon a concept drawn from the Bible: commitments and covenants need to be renewed by conscious choice.

This was the situation that faced the twelve tribes of Israel in the latter days of Joshua's leadership. Decades ago while wandering in the Wilderness under Moses, the people had made their covenant with God: He would be their God and lead them to the Promised Land and they would be his people, worshipping him alone. Now, having occupied the land of Canaan under the generalship of Joshua, each tribe was settled down into its own parcel of the land and the great eras of Exodus and Conquest had ended. In the loose confederacy they had established, each tribe was pretty much going its own way.

"Choose this day..."

Joshua sensed that, preoccupied with the tasks of establishing their separate tribal domains, the people of Israel might begin to forget the covenant they had made during the days of the Exodus. Thus, he summoned them to Schechem and reminded them of their heritage, of how God had brought them out of Egypt, sustained them in the wilderness, and led them into the land of Canaan. He reminded them of their agreement with God and called upon them to renew that covenant by consciously choosing once again whether they would faithfully serve God or the pagan gods of their neighbors. He was not willing to allow them to drift into paganism. If they were going to turn their backs on their covenant, then it must be a conscious choice: "...choose this day whom you will serve."

We all make covenants. Perhaps, instead of assuming that, once made that is all there is to it, we ought to from time to time reconsider those promises and commitments of baptism, marriage, and Christian discipleship. Usually, once is not enough.

(Based on outlines copyrighted by the Division of Christian Education, National Council of the Churches of Christ in the U.S.A. Released by Community Press Service.)

MARSH REUNION

The annual reunion of the Marsh family will be held on Sunday, August 7, 1977, at the Woodson of the World Building in Appomattox. Descendants of Stephen Thomas and Elvira Gordon Marsh, and their families and friends will share a covered dish dinner beginning at 1 o'clock p.m.

BETHEL BIBLE CHURCH
Linden Street
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Will Be Holding
✝ORDINATION SERVICE✝
For: David S. Grove
Date: Friday 5th August 1977
Time: 7:30 P.M.
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By Rev. D. Holliday
Charge To Church
By Rev. B. B. Nicks
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PAL Course Offered At CVCC

Do you edit a newsletter or have the responsibility "for putting together a handbook? Would you like to know how to operate a slide carousel, a movie projector? Do you look at the attractive photographs you see on the front of publications or the artwork in brochures with a jaundiced eye?

To those of you who respond, "YES, my job (volunteer or paid) requires writing and making presentations even though I have limited knowledge in the field," the course PAL (Photography, Audio-Visual and Layout Design) may be for you.

PAL will be offered for three full days from 8:30 to 5:00 p.m. on September 1, 8, and 15 at Central Virginia Community College. It is the creation of a small group of persons working with the Department of Continuing Adult Education and Community Services at Central Virginia Community College.

CEU (continuing education units) certificates will be presented to those completing all three sessions. The first 75 persons registered will be accepted. A registration fee of $15.00 will cover lunch, supplies, and fees.

PAL will not make an exper of you overnight, but partici pants will readily pick up new ideas and skills. In addition information about various loca in depth courses in photo graphy and AV will be made available.

MISSIONARY TO SPEAK AT EVERGREEN BAPTIST CHURCH

Rev. and Mrs. Charles Chilton, Baptist missionaries recently returned from a tour of duty in the Philippines will be guests of Evergreen Baptist Church on Sunday, August 7th.

Rev. Chilton will be the guest minister at the morning worship service beginning at 11:00 a.m. For the evening service at 6:30, Rev. Chilton will be speaking on his experiences as a missionary; following this there will be a question and answer period.

The public is cordially invited to attend.

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CELEBRATES BIRTHDAY AT AGE 82

Mrs. E. O. Ragland celebrated her 82nd birthday July 2nd

Among her out of town guests were the Bud Lanham family from California, a cousin she had not seen in nine years; Franklin Ragland, Christine Thompson and Frances Hannmond, her other children were present. One daughter, living in Las Vegas, was unable to attend.

Mrs. Ragland received many beautiful gifts and the warm affection of many other relatives and friends attending the celebration.

Rev. Bruce Walker

REVIVAL SCHEDULED AT LIBERTY CHAPEL

The Liberty Chapel Baptist Church will be having Revival August 14 - 19 at 8:00 P.M.

The Rev. James Bruce Walker, pastor of the Central Baptist Church, Hickory, N.C. will be the visiting evangelist. Rev. Walker is a native of South Carolina. He was educated in the schools of South Carolina. He graduated from north Greenville College, Furman University and South Eastern Seminary at Wake Forest. He has pastored churches in North Carolina, Georgia, South Carolina and, presently serving in North Carolina.

The music will be under the directorship of Mr. John Hall, of the Liberty Baptist Church in Appomattox, and Mrs. Russell Leftwich of Lynchburg and Mrs. Belle Reynolds of the Liberty Chapel Church and the Liberty Chapel Church choir.

There will be special group or solo singing in each session of this revival.

The public is cordially invited to attend.

"PARADE OF THE STATES"

On August 14th at 6 o'clock p.m. a "Parade of States" will be held at Moses Residential Home, formerly Moses Nursing Home. This is a Fund Raising Event for the benefit of Moses Residential Home.

We have invited a number of Ladies to represent the States in the United States with a donation of ten dollars each. They will be provided with Banners and it will be appreciated if they will wear long dresses with a touch of Red, White and Blue.

This Licensed Facility has given tender, loving care, solace and comfort to many aged and infirm persons in this and other communiteis. We now need money to keep our doors open.

Donations from interested friends will be gratefully received.

Readers of this column are invited to be with us and witness this most exciting event -"Parade Of The States" - August 14th - 6 o'clock p.m. - MOSES RESIDENTIAL HOME - Charlotte Court House-Virginia.

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REV. CLINTON BROOKS TO OPERATE THE CROSS ROADS CHAPEL

Rev. Clinton I. Brooks has resigned as pastor of Union Hill Baptist Church in Brookneal and will operate a mission at 4007 Wards Roads, Lynchburg. This Mission will be known as "The Cross Roads Chapel" and will provide a place of recreation and facilities for Christian music and entertainment for the Lynchburg area.

In an interview Rev. Brooks said he has felt for quite some time that a place of Christian recreation was needed. Recorded Christian music will be played in the daytime and the building will be kept open as a place to socialize. During the evenings there will be musical presentations by various Gospel singing groups. Rev. Brooks was quick to state that all the singing will not be by professional and semi-professional groups; because he plans to make at least two evenings each week available to the musical talent of local churches of all denominations. Rev. Brooks, who is also a professional magician, known locally as "Sly Ci, the Christian Magician," will also be presenting some one hour Gospel Magic shows from the stage as well as doing some entertaining with Gospel Magic each evening during intermission times.

There are no plans for admission charges, but in order to support this Mission "The Cross Roads Christian Book and Magic Shop" will be operated separately as a business, paying the same taxes and fees as all other businesses. Rev. Brooks will also be supporting his ministry by selling real estate as an Associate Broker with Old Colonial Realty, where his wife Dorothy is already employed as a sales agent.

Rev. Brooks and his wife Dorothy have purchased a home in Lynchburg and plan to move at the end of August.

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Richfood SLICED AMERICAN CHEESE 12 oz. pkg. 99¢
Tropical-lo ORANGE DRINK ½ gallon 69¢
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Richfood Macaroni & Cheddar Cheese Dinner 7½ oz. boxes 4/$1.00
RICKFOOD APPLESAUCE 16 oz can 3/89¢
Huff & Puff CAT FOOD 15 oz. can 4/89¢
Final Tough FABRIC SOFTENER 33 oz. bottle 89¢
LIPTON TEA BAGS 100 count Limit 1 $1.58
CARESS SOAP reg. size 4' off 4 BARS $1.00
WISK Laundry detergent 16 oz. bottle 59¢
LUX LIQUID for dishes 22 oz. liquid 69¢
ONIONS 3 lb. bag 59¢
Plums & Nectarines Mix & Match 2 lb. $1
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Johnson's Baby Oil 89¢
Curity Curad 89¢
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Milk of Magnesia 59¢
Instant Sharm 59¢
Vaseline Lotion $1.19
Bayer Aspirin $1.09